

DIRECTIONS TO GCIT

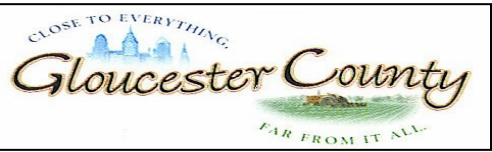
**FROM CLAYTON & ROUTE 55**  
Take Exit 56B (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.

**FROM SWEDESBORO & MULLICA HILL**  
Take Route 322 east to light at Route 45 (Harrison House Diner). Turn left onto Route 45 north. About 1/2 mile, before a Heritage Store, turn right onto Breakneck Road (Route 626) to light at intersection of Barnsboro Inn. Proceed straight across to 2nd traffic light intersection (Route 553, Woodbury-Glassboro Road) between gas stations. Straight across for 1/4 mile to 1st left onto Tanyard Road. Cross next intersection and pass Gloucester County College entrance. GCIT entrance is at the bottom of the hill on the right.

**FROM GIBBSTOWN**  
Take Intestate 295 north. Take Exit 21 onto Delaware Street and continue through Woodbury. Turn right at second traffic light onto Evergreen Ave. Travel two blocks and turn left at next light onto Barber Avenue which becomes Tanyard Road. Proceed about 2 miles, pass 3 traffic lights. The GCIT entrance is on the left at the bottom of the hill.

**FROM ATLANTIC CITY EXPRESSWAY**  
Take the AC Expressway North to Route 42, follow to Deptford exit, Route 544. At the end of ramp, make left at light onto Clements Bridge Road. Proceed to fifth light, bear right onto Cooper Street. Continue 4/10 mile to next light, intersection of Cooper Street and Delsea Drive, which is Route 47. Turn left and continue just under two miles to next light. Turn right, 1/2 block to traffic light. Turn left onto Tanyard Road. Continue one mile to the GCIT entrance on the left at the bottom of the hill, just past the next traffic light.

**FROM ROUTE 295**  
Stay on Route 295, then follow signs for Route 42 South (to Atlantic City) Take Route 55 South. Go to the second exit “56B” (Route 47 Delsea Drive North - Westville). At the light, turn left onto Bankbridge Road. At the next light, turn left onto Tanyard Road. The GCIT entrance is on the left at the bottom of the hill.



2014 Women’s Health Summit

**Presented by**  
**The Gloucester County Board of Chosen Freeholders,**  
**The Gloucester County Department of Health, Senior & Disability Services -**  
**Division of Health,**  
**The WHS Collaborative,**  
**and our Community Sponsors**

**Robert M. Damminger**  
**Freeholder Director**

**Giuseppe (Joe) Chila**  
**Deputy Freeholder Director**

**Adam J. Taliaferro**  
**Freeholder Liasion**

The 14th Annual Free



Saturday, September 20, 2014

8:00 am - 12:00 pm

**Gloucester County Institute of Technology**  
**1360 Tanyard Rd**  
**Sewell, NJ 08080**

Free

Women’s Health Summit 2014

Welcome to the 14th Annual Gloucester County Women’s Health Summit

In this 14th year we are very proud to present a collection of fun, exciting and informational workshops to get you thinking about your health. From exercise and fitness, to proper nutrition, mental health and the latest health topics of interest, we are sure you’ll find a great deal of information to assist you in achieving a more healthy lifestyle.

*Robert Damminger*  
*Freeholder Director*

*Guisepppe (Joe) Chila*  
*Deputy Freeholder Director*

*Adam J. Taliaferro*  
*Freeholder Liaison*

WHS Collaborative Members

Gloucester County Department of Health, Senior & Disability Services

Gloucester County Commission for Women

Famcare

Inspira Health Network

Kennedy Health System

Southern Regional Child Care Resource Center/EIRC

Workshop Speakers Provided By:

County of Gloucester

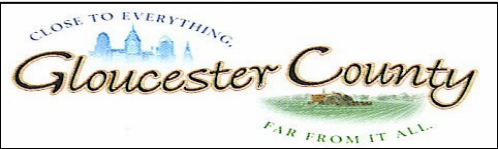
Jazz in Motion

Kennedy Health System

Inspira Health Network

Shop Rite of Glassboro

Magee Orthopedic Rehab



14th Annual Women’s Health Summit

PLEASE PRINT

Name\_\_\_\_\_

Address\_\_\_\_\_

City\_\_\_\_\_Zip\_\_\_\_\_

Phone\_\_\_\_\_

E-mail\_\_\_\_\_

	Session 1	Session 2
1st Choice		
2nd Choice		

To register as an attendee mail to:  
Women’s Health Summit  
**Gloucester County Department of Health, Senior & Disability Services**  
**204 E Holly Ave,**  
**Sewell, NJ 08080**  
**(856) 218-4101**



For exhibitor or sponsorship information contact:

**Robert Bamford**  
**856-218-4104**  
**rbamford@co.gloucester.nj.us**

The County of Gloucester complies with all state and federal rules and regulations and does not discriminate on the basis of race, religion, color, national or ethnic origin, sexual orientation, age, marital status or disability in admission to, access to, or operations of its programs, services, or activities. In addition, Gloucester County encourages the participation of people with disabilities in its programs and activities and offers special services to all County residents 60 years of age and older. Inquiries regarding compliance may be directed to the Division of Disability Services at (856) 384-6842/New Jersey Relay Service 711 or the EEO office at (856)384-6903.

*14th Annual Gloucester County  
Women's Health Summit*

SUMMIT SCHEDULE

8:00 - 9:00 AM	Registration & Screenings
9:00 - 9:45 AM	Workshop Session I
10:00 - 11:00 AM	Door Prizes & Snacks in Cafeteria
11:00 - 11:45 AM	Workshop Session II

*Over 100 exhibitor tables located in the halls  
and gym are available throughout the day.*

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For additional information please call  
856-218-4101 or visit  
[www.gloucestercountynj.gov](http://www.gloucestercountynj.gov)

**ON-GOING ACTIVITIES  
AND FREE SCREENINGS  
8 AM - 12 PM**

Balance Screening  
Blood Pressure Screenings  
Body Mass Index Calculation  
Bone Density Screening  
Chair Massage  
Dermascan Screening  
Foot Screening  
Glucose testing  
Lung Age Meter  
Vision Screenings

**WORKSHOP 1      9:00am-9:45am**

**A. Jazz In Motion**

Jazz-In-Motion is a non-impact, dance based aerobics class that combines dancing, light weight training, mat conditioning and yoga style stretching; all choreographed to various music selections. The focus is on the overall body, emphasizing balance, core strength, cardio-conditioning and just plain fun fitness.

**B. It's Not A Diet, It's A Healthy Lifestyle**

The nutrition world can be puzzling, overwhelming and sometime controversial. Learn to decipher and understand food labels, create balanced meals and makeover your favorite recipes. Expert Retail Nutritionist Cassandra Golden will debunk popular food myths, offer strategies to overcome "food triggers", and even take you on a virtual grocery store tour! Participants will leave this workshop with the knowledge and enthusiasm to live a healthier (and happier) lifestyle!

**C. Mindfulness & Meditation**

With meditation at the core, mindfulness is a way of living more fully in the present. Learn how mindfulness can help reduce anxiety, increase focus, improve well-being, and create a more balanced life. You will learn basic mindfulness techniques and participate in a guided meditation.

**D. Heart Disease and Women**

Did you know that heart disease is the number one cause of death in women? Learn the risks and how you can live a heart healthier lifestyle from renowned cardiologist Dr. Kaulbach of Inspira Medical Center Woodbury. Pink is an important color, but red is more important.

**E. Defending Your Computer**

Sgt. Steve LaPorta of the Gloucester County Prosecutor's Office will be presenting on Cyber Safety which will include how to understand and protect yourself from online identity theft and fraud; and the dangers of socializing, communicating, and spending online. Learn why an adult's personal and financial information and buying habits are of great value to hackers.

**F. Understanding Osteoporosis—  
Prevention, Maintenance & Treatment Strategies**

Osteoporosis is a bone disease that affects women of all ages. In this workshop, Mary Clare Schafer from Magee Orthopedic Rehabilitation will speak about the affects of osteoporosis, as well as risk factors and prevention measures. We will also discuss the management and treatment of osteoporosis which includes proper diet and exercise, as well as medications.

**WORKSHOP 2      11:00am-11:45am**

**A. Stress Management through  
Psychological Flexibility**

John Armando from Inspira Medical Group Woodbury will introduce *Psychological Flexibility* as a way of approaching our stressful experiences in the moment with the ability to respond with what actually works, rather than what our minds tell us should work.

**B. Qigong**

Similar to Tai Chi, Qigong is a practice of aligning breath, movement and awareness for exercise, healing, and meditation. With roots in Chinese medicine, martial arts, and philosophy, Qigong is traditionally viewed as a practice to cultivate and balance qi, or what has been translated as "intrinsic life energy". In this workshop, participate in a Qigong practice involving rhythmic breathing, coordinated with slow, stylized repetition of fluid movement, a calm, mindful state, and visualization of guiding qi through the body.

**C. Pain Management**

Do you suffer from persistent or chronic pain? This program, with Dr. Andrew Medvedovsky from Kennedy Health System will uncover the reasons behind many common conditions. Find out how you can control your pain and enhance your quality of life without surgery.

**D. Preventing Incontinence**

In this workshop, physical therapist Vanessa Vander of Inspira Medical Center will show you how you can prevent incontinence and reduce pain through pelvic floor and core muscle strengthening. A valuable and informative workshop for women of all ages.

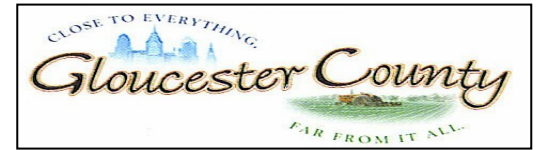
**E. Women's Health Q&A**

Women's health issues can sometimes be an uncomfortable subject for patients to discuss with their doctors, especially pertaining to OB/GYN issues. Dr. Deborah White of Kennedy Health System will review and answer the most commonly asked questions that she comes across in her office. She will also be available to answer any other questions you may have on your mind.

**F. New Techniques in Breast Imaging**

Learn the basics and latest information on breast imaging with Dr. Sherrill Little of Inspira Health Radiology. New technologies, such as 3D Mammography, might benefit you or someone you care about.

**Workshop speakers provided by:**



**TheraSport Physical Therapy**  
*Maximizing Performance & Rehabilitation*

**MAGEE  
REHABILITATION  
HOSPITAL**

*Jazz-In-Motion*